## ABSTRACT OF THE DISCLOSURE

A valve core for opening and closing a core mounting throughbore includes a cylindrical core body fixed inside the throughbore and having a distal opening, a moving shaft inserted through the core body so as to be directly moved and having an end, a plug formed integrally at the end side of the moving shaft so as to open and close the distal opening of the core body, a biasing member biasing the moving shaft so that the distal opening of the core body is closed by the plug, a cylindrical sealing member, an outer sealing portion formed integrally on the cylindrical sealing member and fitted with the outer periphery of the core body so as to be held between the core body and the inner wall of the throughbore thereby to adhere closely to the outer periphery of the core body, and an inner sealing portion formed integrally on the cylindrical sealing member so as to adhere closely to an outer face of the plug.